

I am really grateful to have joined Coach Kevin under his private group training, as it has made me gain a deeper understanding of the world of athletics.

Before joining Total Kinetics Sports, I was a very mediocre sprinter who thought running requires arms and legs only. Little did I know that this mentality was false. Through the club, Coach Kevin was able to fine-tune my form and focused a lot on techniques.

Learning that there was so much more to running intrigued me to do more research about running mechanics. I was then more conscious about my running form, which allowed me to keep breaking new Personal Best (PBs) time.

Besides running performance, **the club was also able to hone my mental toughness.** Like many teenagers, I had low self-esteem and "I can't" often crossed my mind. I frequently doubted myself when I started picking up hurdling, but Coach Kevin never failed to encourage me to believe in myself.

It was only after being **taught how to engage in positive self-talk that developed me into a more confident athlete.** Therefore, "I can" is something that sticks with me even in other aspects of life, such as schooling.

Moving on to training details, Coach Kevin always **lays out the plans and objectives of the day beforehand to ensure that I have a clear goal in mind every training.** For instance, my 400m hurdles journey started with focusing on clearing individual hurdles. This was mainly to build my confidence and techniques. Next, I proceeded to the first hurdle with blocks. This allowed me to have a feel of how counting steps was like. Then, I gradually increased the number of hurdles by each training to achieve precision.

Even though I did not manage to complete the course and compete in nationals due to the COVID-19 disruption, I still feel that **the journey was very fruitful, as Total Kinetics Sports was the perfect avenue for me to grow and explore my potential.**

I believe Total Kinetics Sports is also able to empower young athletes like you in your confidence and potential, so come train with us and create your own legacy!

Wu Bojin, Student-Athlete